



Belmont Village of West Lake Hills VillageNEWS



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A Publication of Belmont Village for Residents, Staff, Family and Friends

October 2015

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From the Director



Save the date! At 9 a.m. on Saturday, Oct. 10, is the "Walk To End Alzheimer's" at Camp Mabry. Jena Hinch, Community Relations, registered our community's team; we're recruiting walkers and volunteers to assist with manning our Belmont Village water station! Please sign up to walk with our team at either the Concierge desk or online at www.alz.org. Navigate to the Austin "Walk" on Oct. 10, select "Find a Team," click on the "Donate" box to find our team name "Belmont Village." It's a great cause, a fun intergenerational morning, and we hope to see you there!

Friday, Sept. 11, we had our first in a series of "Casual for a Cause" Fridays. With a donation of \$5 or more to the Alzheimer's Association, our residents and

staff "earned the privilege" of wearing denim and our Belmont Village "Gray Matters" Walk T-shirt. We're also hosting our first Chili Cook-Off on Thursday, Oct. 8, to raise proceeds to benefit the Alzheimer's Association as well. If you think you make the best chili around, enter our cook-off for a chance to win "fabulous-fabulous" prizes!

October is also the time of year we conduct our Resident, Family and Employee satisfaction surveys. While we'll have more information available soon, there are only twenty questions, the form is one page and takes just a few minutes to complete. We appreciate you taking the time to do it, and look forward to hearing your feedback.

And ... Halloween is almost here! Festivities are planned for Thursday, Oct. 29, in conjunction with Happy Hour. We hope to have little goblins and ghouls trick-or-treating with us from our local schools - very cute! Our staff we'll be dressed up for the day in their costumes and we hope to see all of you in yours. Of course, there will be more "fabulous-fabulous" prizes!

Happy Halloween!

Donna





Mark Your Calendar



First Wednesday

2 p.m. Activity Council Meeting

Second Tuesday

1:00 New Resident Orientation
2:00 Resident Council

Third Tuesday

3:30 Tiny Tails Pet Therapy

Third Wednesday

5:30 New Family Orientation

Fourth Wednesday

5:30 p.m. Families Together
Group with Margaret DeVinney,
Director of Memory Care
Programming

Last Friday

Noon Birthday Party Luncheon
2 p.m. Chat with the Chef

Every Tuesday and Thursday

3 p.m. Great Course Lecture
*The Other Side of History: Daily
Life in the Ancient World*



Chili Cook-off

**Thursday, Oct. 8,
4 - 6 p.m.**



Dust off the recipe book and put on your apron, or just come out and judge who has the best Chili in the land!

If you think you make the best chili around, enter our cook-off to win fabulous prizes. Otherwise, join us to sample the chili, add your voting tickets, drink a cold beer, and listen to great music.

All proceeds benefit the Alzheimer's Association.

October Fest

**Thursday, Oct. 22,
4 - 7 p.m.**



Our October Fest celebration will begin during our Live Music Happy Hour.

The Michael Shay Trio will be entertaining in the Great room, and in the Bistro you can enjoy **beer tasting and light hors d'oeuvres.**

Happy Hour will be followed by a **German inspired dinner** prepared by Chef Mike and served in Josephine's Kitchen.

Safe Trick-or-Treating & Costume Contest

Thursday, Oct. 29,

3 p.m. - Trick-or-Treating

At 3 p.m. local children will begin to arrive to trick or treat with our residents in the Great Room.

3:30 p.m. - Costume Parade

The children will begin by showing off their costumes for prizes.

Next, the staff and adult visitors will vie for prizes.

Finally, the residents will show off their finery to win.

Come enjoy the fun and stay for Happy Hour.

Circle of Friends

As new residents arrive at Belmont Village, our Circle of Friend's program grows, too! We have blossomed into two groups led by four Activity Assistants. We meet 7 days a week, from 9:30 a.m. to 1:30 p.m. and from 1:30 p.m. until dinner. We eat lunch and dinner every day as a group in Josephine's kitchen.

We exercise physically and mentally seven days a week with programming specifically designed for our residents. Our two groups ensure we can best facilitate a fun and challenging program. Our busy days are typically filled with activities such

as "This Day in History," Mental Fitness, DIY workshops, cooking, music, art, lectures, debates and plenty of lively discussions! Anyone who ventures by our rooms on the 3rd floor will sense the fun, camaraderie and sense of community exhibited by our participants. Family members are always welcome to sit in on a class or two with their loved ones.

One day, while crafting a banner for our meeting room, the group was involved in a discussion about roles in families. While struggling with the cutting process, one resident described his role as the "glue" that held his family together. We all agreed this resident should give up the cutting and tie the knots that held each piece of our banner together. Our resident became the glue that held our project together, just as he had for his own family.

Our Circle of Fridays is pleased to announce we will be taking on a special project. We plan to "adopt a soldier." We will be writing thank you cards and providing a few goodies to a soldier as we thank him for his service. It's never too late to bring joy to others.

Speaking of joy, we are implementing bi-monthly outings starting next Wednesday. Watch for Circle of Friends on the go as we find new adventures in and around Austin.

Birthday Party Luncheon

**Friday, Oct. 30,
Noon**



All Residents With Birthdays in October Are Invited to a Special Birthday Luncheon. You May Bring One Guest Free of Charge.

Please RSVP with the Concierge by Oct. 28.

Resident Birthdays!

10/6	Laura Caven
10/6	Stuart Shipnes
10/12	Betty Herlin
10/14	Jim Laughlin
10/21	Peter Mckee
10/30	Mark Barr

Employee Birthdays!

10/04	Janet Bujko
10/06	Eneyde Garcia
10/09	Dallow, Guirassy
10/11	Teera Chamchot
10/22	Delia Hernandez



PLEASE SLOW DOWN AND WATCH OUT FOR LITTLE GHOSTS AND GOBLINS TRICK-OR-TREATING IN THE COMMUNITY.

Happy Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
				10:00 TH Flexibility & Balance ♥ 1:30 OT Grocery Shopping ✓ 2:00 TH Music History Appreciation ★ 3:00 TH Lecture-The Other Side of History: Daily Life in the Ancient World ★ 4:00 GR Live Music Happy Hour ★ 7:00 TH Movie ★		10:00 TH Strength Training ♥ 10:30 TH Brain Games ★ 11:00 GR Pass the Bomb ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:30 TH Community Service Project ● 2:30 PR Poker ★ 7:00 TH Movie ★	9:30 TH Line Dancing ♥ 10:30 TH Brain Games ★ 1:00 GR Technology Helpers Arrive (Sign Up at the Front Desk) ★ 2:00 GR Old-Time Radio Show ★ 7:00 TH M.A.S.H. ★
4	5	6	7	8	9	10	
8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Sing-a-Long for the Spirit ● 1:30 OT Target & Walmart Shopping (Must RSVP) ✓ 2:00 TH Wii Bowling ♥ 3:30 GR Live Music in the Great Room ★ 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Brain Games ★ 11:00 TH Pass the Bomb ★ 1:30 OT Grocery Shopping ✓ 2:30 PR Poker ★ 3:00 BT Bridge ★ 7:00 TH Movie ★	10:00 TH Flexibility & Balance ♥ 10:30 TH Group Crossword ★ 1:00 TH Catholic Prayer Service ● 3:00 TH Lecture-The Other Side of History: Daily Life in the Ancient World ★ 7:00 TH Movie ★	8:00-12:00 Flu Shot Clinic 10:00 OT Circle of Friends Outing 10:00 TH Strength Training ♥ 10:30 TH Brain Games ★ 11:00 TH Hangman ★ 2:00 TH Activity Committee ★ 2:30 PR Poker 2:30 GR Chorus Rehearsal ● 7:00 TH M.A.S.H. ★	10:00 TH Flexibility & Balance ♥ 10:30 TH Group Crossword ★ 1:30 OT Grocery Shopping ✓ 2:00 TH Music History Appreciation ★ 3:00 TH Lecture-The Other Side of History: Daily Life in the Ancient World ★ 4:00 GR Chili Cook-off & Live Music Happy Hour ★ 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Brain Games ★ 11:00 GR Pass the Bomb ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:30 PR Poker ★ 2:30 TH Community Service Project ● 7:00 TH Movie ★	9:30 TH Line Dancing ♥ 10:30 TH Brain Games ★ 1:00 GR Technology Helpers Arrive (Sign Up at the Front Desk) ★ 2:00 GR Old-Time Radio Show ★ 7:00 TH M.A.S.H. ★	
11	Columbus Day 12	13	14	15	16	17	
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18	19	20	21	22	23	24	
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25	26	27	28	29	30	31	
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CELEBRATING OUR STAFF

James Franz

Employee of the Month



We Appreciate James Because:

- he goes way beyond the call of duty; he is excellent!
- he is always happy to help in any way he possibly can.
- he is doing a phenomenal job.
- he just keeps striving to learn more and be better.
- the residents are constantly praising him.

Tina Diaz

Extra Mile Winner

Thank you, Tina, for going the Extra Mile!
We really appreciate you.



Assisted Living Federation of America on Art Therapy

“Older adults tend to have more chronic diseases and age-related functional impairments that affect vision, hearing, and balance. Commonly attendant to such disorders are chronic pain, anxiety, and depression. Making art can be an enjoyable experience that focuses the participant away from daily concerns and on the creative process. Some seniors, particularly those with cognitive, memory, and other impairments, may receive additional benefits.”



NEIGHBORHOOD SPOTLIGHT

It's always a beautiful day in OUR Neighborhood. Especially this fall! The residents, with assistance from the AAs and PALS, have been staying active making festive fall arrangements, painting with watercolors, beading bracelets, and even sculptures.

The Neighborhood's Memory Care Activity Specialist, Alane said, "The look on our residents' faces while they are actively engaged in an art project reminds me of why I love my job!"

Keeping our residents active with art therapy and other activities is very important. According to the Assisted Living Federation of America (ALFA), the many benefits of art therapy include:

- Promoting self-awareness

- Relieving stress, anxiety and confusion through a sense of empowerment
 - Improving motor skills
 - Improving cognitive skills
 - Helping to cope with transitions
 - Facilitating communication
- Feel free to stop by the neighborhood and visit with our modern day Matisses!



NURSES' CORNER



Focus of Fall Prevention

More than one in three people age 65 years or older falls each year. The risk of falling and fall related problems rises with age.

According to the National Institute on Health, each year more than 1.6 million older US adults visit the emergency department for fall-related injuries. Falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths. Most often fall-related fractures are in the person's hip, pelvis, spine, arm, hand, or ankle. Hip fractures are one of the most serious types of fall injury. They are a leading cause of injury and loss of independence, among older adults. Most adults who cannot return to independent living after such injuries had physical or mental disabilities before the fracture, thus resulting in the need for long-term care.

Risk Factors

Risk factors related to falls can include, muscle weakness, poor balance or difficulty walking,

fluctuations in blood pressure, slower reflexes, foot problems, sensory problems, visual disturbances, confusion—even short term, medications, and taking four or more medications at one time, including over the counter medications.

Fall Proofing Your Home

The Director of Resident Care Services at Belmont Village can provide a home safety assessment of your apartment with the goal of reducing your risk for falls.

Tips to "fall proof" your home:

- Remove or reduce safety hazards.
- Improve lighting, there are many options available for purchase, such as motion activated night lights throughout your apartment and in the bathroom.
- Avoid and remove clutter or anything that can be a tripping hazard, for example electrical cords.
- Arrange furniture so it provides a clear path with plenty of room for you to move around.
- Review the carpet, remove any throw rugs & be sure to use only a non-skid rug in your bathroom; remember to remove the rug when not in use.
- Use a rubber bath mat in the shower.
- Try to avoid wet floors.
- Avoid walking in the snow & ice outside during winter.

- Install handrails and grab bars as needed.
- Move frequently used items so they are easily accessible.
- Request a medication review from your physician to be assured you are taking only the medication that is necessary for you.

Devices to Help Prevent Falls

Appropriate use of assistive devices can prevent harmful falls. Assistive devices may include canes, walkers, wheelchairs, and grabbers. Belmont Village can assist with durable medical equipment that can be helpful in the prevention of falls. Some durable medical equipment that is available can be, a hospital bed that can be lowered manually so it is close to the floor, floor mats to prevent injury when a fall occurs from bed, pendants, emergency pull cords in the apartment and bathrooms, raised toilet seats, and bedside commodes. There are out of pocket costs associated with most durable medical equipment, and side rails are not a fall prevention solution.

The Director of Resident Care Services, your physical and/or occupational therapist, and your physician can work together to develop a fall prevention plan that is customized for each resident.

Village Scene



Pat and Edwin Terry



French Night Wine Tasting



Anna & CoF Art Work



Super Hero Employees



Super Hero Breakfast



Melanie wins the Cape Contest



4310 Bee Cave Road
West Lake Hills, TX 78746

www.belmontvillage.com

Belmont Village Communities

CALIFORNIA: Burbank, Encino,
Hollywood, Rancho Palos Verdes,
Westwood, Thousand Oaks, San Jose,
Sunnyvale, San Diego, Cardiff by the Sea

ARIZONA: Scottsdale

CHICAGOLAND: Buffalo Grove,
Geneva Road, Oak Park, Glenview

SOUTHERN US: Memphis, Nashville,
Louisville, Atlanta—Buckhead and Johns Creek,
Dallas, Austin, Houston—West University and
Hunters Creek



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